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The provided sources identify **Vitamin B12** as a critical nutrient entirely absent from plant foods and vital for neurological health. According to the text, a hypercarnivore diet is necessary to ensure a bioavailable supply of this essential vitamin.

Below are the specific passages from the sources that refer to Vitamin B12:

Bioavailability and Sources

- "Furthermore, animal sources provide nutrients in their most bioactive forms, such as retinol (true Vitamin A), **B12**, and heme-iron, which have bioavailability rates far exceeding their plant-based counterparts".
- "Scientific reviews comparing bioavailability show that vitamins from animal sources are always far superior, with preformed vitamin A (retinol) at around 74 percent bioavailable, **vitamin B12** at 65 percent, and others like biotin, folate, niacin, and B6 ranging from 61 to 89 percent".

Absence in Plant Foods

- "**Vitamin B12** is entirely absent in plant foods and is a vital requirement for brain health, energy production, and nerve function".
- "Bioavailability of nutrients like **Vitamin B12** is zero in plant sources, necessitating the consumption of animal products for human survival".
- "**Vitamin B12** and creatine are critical for cognitive stamina and are entirely absent from the plant kingdom".
- "Plant foods are utterly devoid of natural vitamin A (retinol,) **B12**, D3, K2, cholesterol, heme-iron, carnosine, taurine, DHA, omega-3, CLA, CoQ10, and creatine, all essentials for brain health, energy production, and cellular repair".

Impact on Cognitive and Physical Health

- "A hypercarnivore diet ensures a constant supply of this bioavailable essential, protecting the system from neurological decline and chronic fatigue".
- "Bioavailable **Vitamin B12** is essential for maintaining a sharp mind and preventing the mental fog associated with plant-based diets".
- "Reliance on plants leads to chronic neurological and metabolic dysfunction over time".
- "A hypercarnivore diet provides these essentials, preventing the brain fog and fatigue typical of plant-based eating".
- "By contrast, an animal-based diet delivers bioavailable essentials: retinol (true vitamin A), **B12**, D3, K2, heme-iron, carnosine, taurine, DHA, omega-3, CLA, CoQ10, and creatine, all absent in plants, supporting tissue repair, immune modulation, and powerful anti-inflammatory pathways".
- "The brain fog you did not even realize you carried suddenly lifts, mental sharpness returns with startling intensity... as the hypercarnivore diet, with its complete absence of plant toxins and provision of bioavailable essentials like retinol, **B12**, DHA, and creatine, nourishes the brain and supports unwavering mental sharpness".

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